

Herbed Rib Roast

 Gluten Free  Dairy Free

READY IN



660 min.

SERVINGS



8

CALORIES



1209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves (not California)
- ☐ 2 cups beef broth
- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove smashed
- ☐ 3 garlic clove
- ☐ 1 tablespoon kosher salt

- ☐ 1 tablespoon olive oil
- ☐ 7 lb prime rib roast (sometimes called standing rib roast; 3 or 4 ribs)
- ☐ 1 small rosemary leaves fresh
- ☐ 1 small thyme sprigs fresh

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ stove
- ☐ mortar and pestle

Directions

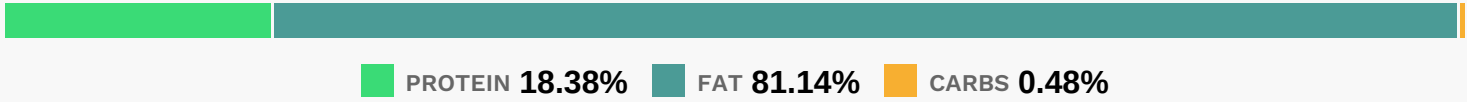
- ☐ Trim all but a thin layer of fat from roast. Grind peppercorns and bay leaves with salt to a powder in an electric coffee/spice grinder, then transfer to a mortar.
- ☐ Add garlic, thyme, and rosemary, then pound to a smooth paste with pestle. Stir in oil. Rub paste all over roast.
- ☐ Transfer roast to a rack set in a small flameproof roasting pan. Marinate, covered and chilled, at least 8 hours.
- ☐ Let roast stand at room temperature 1 hour.
- ☐ Preheat oven to 450°F.
- ☐ Roast beef in middle of oven 20 minutes. Reduce temperature to 350°F and roast beef until a thermometer inserted into center of meat registers 110°F, 1 1/2 to 1 3/4 hours more.
- ☐ Transfer beef to a large platter and let stand, uncovered, 25 minutes. (Meat will continue to cook, reaching about 130°F for medium-rare.)
- ☐ Skim fat from pan juices.
- ☐ Add broth, rosemary, thyme, and garlic and deglaze pan by simmering on top of stove over moderate heat, stirring and scraping up brown bits.

- ☐
- Transfer to a small saucepan and add any juices that have collected on platter. Gently simmer 10 minutes. Skim fat and season jus with salt and pepper.

☐☐

• Roast can marinate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:26.231739261876%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1209.22kcal (60.46%), Fat: 107.5g (165.38%), Saturated Fat: 44.41g (277.54%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.02g (0.03%), Cholesterol: 240.04mg (80.01%), Sodium: 1272.57mg (55.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.78g (109.56%), Vitamin B12: 9.24µg (154.06%), Selenium: 69.71µg (99.58%), Zinc: 12.05mg (80.3%), Vitamin B6: 1.06mg (53.2%), Phosphorus: 519.34mg (51.93%), Vitamin B3: 9.67mg (48.35%), Iron: 6.02mg (33.44%), Potassium: 935.38mg (26.73%), Vitamin B2: 0.45mg (26.59%), Vitamin B1: 0.27mg (18.17%), Magnesium: 57.83mg (14.46%), Manganese: 0.24mg (11.96%), Copper: 0.21mg (10.72%), Vitamin B5: 1.04mg (10.41%), Folate: 18.49µg (4.62%), Calcium: 44.58mg (4.46%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.27mg (1.77%), Fiber: 0.43g (1.7%), Vitamin C: 1.11mg (1.35%)